

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

MAY 11, 2007



Pfc. Brian Marion

Members of the water aerobics class participate in an exercise using only their legs. The class is open to those with Base Pool access and is held Tuesdays and Thursdays.

## New class has people afloat

**Pfc. Brian A. Marion**

*Combat Correspondent*

Tired of the aches and pains of running or using the same old equipment at the gym? Individuals can now add a little variety to their routine by attending a new water aerobics class at the base pool Tuesdays and Thursdays.

The class, which started on Tuesday, began with the group jogging around the inside wall of the pool, then turning around and jogging against their self-created current. A variation of jumping jacks, which required the attendees to keep their arms underwater, came next, followed by running in place.

The swimmers, assisted by floating dumbbells and weights, then moved into the deep end of the pool and continued working on their abs, arms and legs.

"It is another means of exercise," said Anastasia Benson, a water aerobics instructor. "We are trying to show people that water can be beneficial."

People can still get an extremely hard, strength-building, cardiovascular workout that is easier on the joints, and does not involve running on a hard surface or sweat-

ing in a room, said Benson.

"We are trying to open up Marines and their dependants to non-impact physical training that is not land based," said Dino Leonard, assistant manager of the Water Safety and Aquatics Semper Fit Division. "Since it is non-impact, it is excellent for injuries. It also burns calories and is an aerobic class through and through."

Benson recommends a person bring pool shoes, sunscreen, a hat, sunglasses, and a bottle of water in preparation for the class.

There has been a class on Saturdays for a while now, but the weekday classes were unavailable because there were no instructors available to teach it during the weekdays, said Leonard.

The class is free for all active duty military personnel. Military dependants and individuals able to use the pool will have to purchase either a gym or pool ticket, both of which can be used for the class.

The class will be dependant on the water temperature of the pool, but is tentatively scheduled to be available 11:30 a.m. to 12:30 p.m., Tuesday and Thursday from May through November, said Benson.



Lance Cpl. Regina A. Ruisi

A Marine Corps Air Facility "Good Timers" batter swings at the ball during their game against 2nd Battalion, 3rd Marine Regiment, Tuesday.

## Good Timers take out Weapons, 16-12

**Lance Cpl. Regina A. Ruisi**

*Combat Correspondent*

The Marine Corps Air Facility Good Timers beat the 2nd Battalion, 3rd Marine Regiment Weapons softball team 16-12 Tuesday evening at the Annex Field here.

Good defense allowed Weapons to hold back the Good Timers from scoring until late in the game. It wasn't until the bottom of the fourth inning that the Good Timers recovered their offense and began to pull from behind for a last minute victory over the Weapons team.

As both teams warmed up for the game, they seemed to feel confident and ready to play.

The coin toss went to the Good Timers, whose coach Mike Gorombol called "home" and the Good Timers took the field.

One of the Weapons' coaches, Eric Jahnke, started the game off hitting a triple and running in one batter. The Weapons team brought in four runs in the first inning. The Good Timers left the first inning with no runs.

Dominating in the second inning, Weapons brought in seven successive runs before the third out was called. The Good Timers attempted a come back, but only brought in three runs.

John Angel, Good Timers pitcher, said, "We needed to



Lance Cpl. Regina A. Ruisi

Coaches from both 2nd Battalion, 3rd Marine Regiment's Weapons and Marine Corps Air Facility Good Timers inspect the coin that will be used to determine who will be the home team during Tuesday's game.

get warmed up. We got warmed up and started playing in sync and got ready for a comeback."

The score at the top of the third was 11-3 for a Weapons lead.

The Good Timers brought in another run at the bottom of the third, and made their comeback in the bottom of the fourth inning.

Angel said, "The morale was down and then we started getting runs in and started scoring. That brought morale up and we played better."

The Good Timers brought in run after run, and the score

was left at 10-11 when the third out was called.

Hope improved for the Good Timers at the bottom of the fourth inning.

Angel said, the team started seeing they had the opportunity for a win.

Weapons brought in one run at the top of the fifth, but that wasn't enough to stop the Good Timers.

"We play well as a team. We're firefighters and we take care of each other. That and we're competitive," Angel said about the team's comeback.

The Good Timers pulled ahead at the bottom of the

fifth, bringing in five runs. Gorombol said, "We were shaky at first, but we had some good bats and that's what brought us back."

The umpire called, "Ball game!" when the Good Timers took a four-point lead over Weapons. The score was left at 16-12 in favor of the Good Timers.

Tuesday's win brought the Good Timers' record to 3-2.

"In the beginning, my morale and hopes were down. I think the other team got complacent and we took the opportunity to win," Angel said.

## Register now for the MAG-24 triathlon

**Edward Hanlon V**

*Marine Corps Community Services*

Bike, swim, or run to Marine Corps Base Hawaii for the 11th Annual MAG-24 Sprint Triathlon. The most hardcore event held on the windward side, the triathlon, set for Saturday, consists of a 500-meter swim in the waters of Kaneohe Bay, an 11.1-mile bike race circumnavigating the entire base and concludes with a 3.1-mile run.

Kicking off at Hangar 101, the event is open to the public and is set to be one of the most unique races within MCCA Semper Fit's CG's Semper Fit Series.

"The location, being held on a military installation is a huge draw for civilians," stated Meghan Brophy, a Nashville, Tenn., native and coordinator for MCCA's Varsity Sports. "It really gives the community a chance to come on base, see the static displays of military vehicles and aircraft, as well as see the Marines and Sailors in a different light."

Participants may enter individually, or in three-person relay teams, in which one member will swim, one member will bike and one member will run. In an effort to make the registration process as effortless as possible, interested triathletes can register online at [mccshawaii.com](http://mccshawaii.com), stop by Island Triathlon & Bike, or by visiting the Kaneohe Bay Semper Fit Center for a registration form.

The registration fees are \$35 for military, \$40 for civilian and \$80 for triathlon 3-person teams. The price includes a race shirt for all participants.

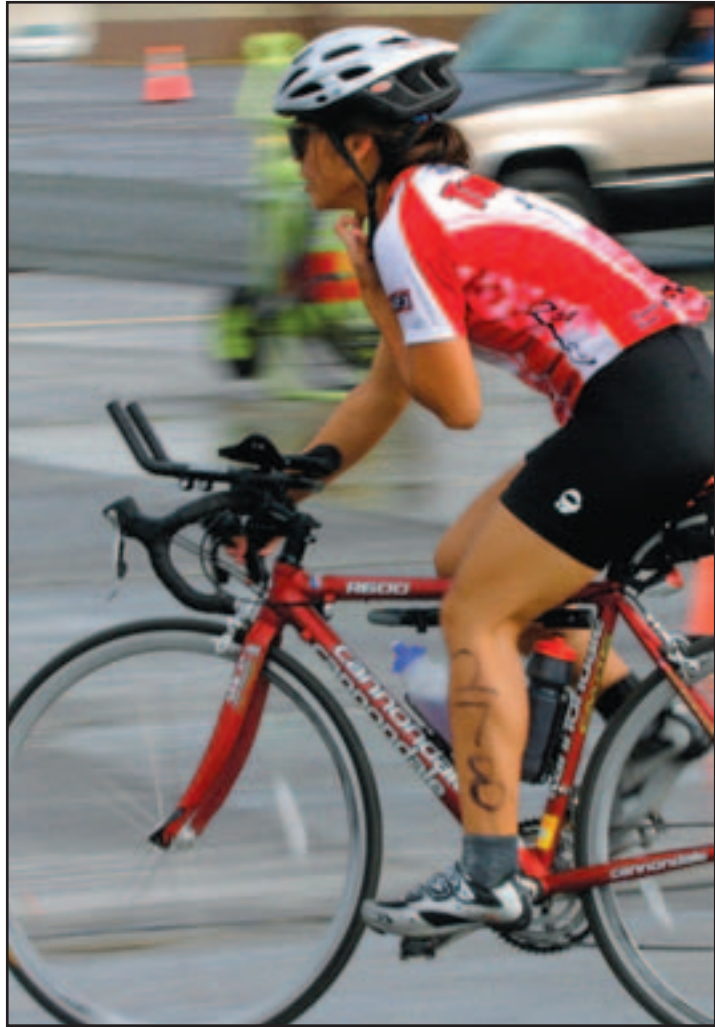
"The event really caters to both beginner and avid triathletes," said Brophy. For those that want a sneak peak at the layout, "the course can currently be viewed on the Web site."

The age divisions for the Sprint Triathlon are: 19 and younger, 20-24, 25-29, 30-34, 35-39, 40-44, 45-50, 55-59, 60 and older, and three-person teams. All participants must fill out a hold-harmless agreement, attached to their registration form.

"We will even be recognizing all of the Mothers who participate. They will receive a special "gift" from MAG-24 in honor of Mother's Day weekend," said Brophy.

Race packet pick-up for military runners is today between 9 a.m. and 4 p.m. at the Semper Fit Center, Building 3037 here. Packet pick-up for civilian runners is today, from 10 a.m. to 5 p.m. at Island Triathlon & Bike, 569 Kapahulu Ave.

For more information, call 254-7590.



File photo

A participant pedals quickly during the bicycle portion of a past MAG-24 Sprint Triathlon.





Andi Scheeler, assistant manager, Semper Fit Center, instructs Marines and Sailors from around the base at a Gut Cut class Monday. Gut Cut is a rigorous 30-minute workout that focuses on the abdominal region of the body and is held Mondays, Wednesdays and Fridays from 11:45 a.m. to 12:15 p.m.

# CUTTING the gut away

**Story and Photos by  
Pfc. Brian A. Marion**  
*Combat Correspondent*

A 30-minute non-stop workout designed to help strengthen the abs and to help build up endurance is what you get at the Gut Cut aerobics class.

According to Andi Scheeler, assistant manager at the Semper Fit Center here, the class is known to be a good workout and fills up quickly.

“It is a great abdominal workout,” said Sgt. Scott Beebe, Fourth Force Reconnaissance Battalion. “It is an all-around workout that works your lower body, your upper body and just about everything else except your arms.”

The class consists of everything from crunches and double crunches, to side crunches and leg lifts. Other additional exercises completed during the class include planks and balancing exercises, which focus on the mid-section.

Scheeler said the class is not so much about how strong the abdominals are, but about how long the person can keep on going.

The class ranges from around 25-65 people based on unit deployments.

“When units start to prepare to deploy, or when they just get back, the numbers in the class are usually smaller,” she said.

The tempo of the class is kept consistent through loud, adrenaline inducing music and the motivation of the class instructor.

“The more people that are there, the more energy I have to instruct,” said Scheeler.

The class is highly suggested 62 those who have participated in the class before.

“It is a great cardio workout,” said Beebe. “I would recommend it for anybody to stay in shape.”

The Semper Fit Center here conducts Gut Cut Mondays, Wednesdays and Fridays from 11:45 a.m. to 12:15 p.m.

For more information about Gut Cut or any other classes offered at the Semper Fit Center, call 254-5797.



Participants in a Gut Cut class execute a side plank, one of many exercises in the 30-minute class.



Marines and Sailors conduct a forward plank during Gut Cut at the Semper Fit Center. The class is an all-around workout for the ab region.



**Right: A Sailor from Helicopter Anti-Submarine Squadron Light 37 exercises Monday afternoon during the Gut Cut class held at the Semper Fit Center here. The class is usually attended by 25-65 active service members.**



# SPOTLIGHT ON SPORTS

## Sports Briefs

**Coaches organizational volleyball meeting**  
Tuesday at 2 p.m. in the Semper Fit Center. For more information, call Joe Au at 254-7591.

**Varsity Men's Softball applications** are still being accepted for players.

**The Women's Softball team** meets every Thursday at 6 p.m. at the Annex Field. The team is still looking for players to participate.

**Varsity Men's and Women's Basketball coaches** are needed. Applications are currently being accepted.

**Competitive athletes** interested in playing for an All-Marine Team should visit [www.usmc-mccs.org](http://www.usmc-mccs.org). There are 19 different sports offered year round. Upcoming sports seeking applications include Skeet, Women's Soccer, Triathlon and Golf. For more information, contact Meghan Brophy at 254-7590 or by e-mail at [brophyme@usmc-mccs.org](mailto:brophyme@usmc-mccs.org).



## Intramural softball standings

TEAM	WINS	LOSSES
CSSG-3	5	0
2/3 "WEAPONS"	3	1
MALS-24	4	2
3RD RADIO BN	5	1
MCAF "BYE WEEK"	2	2
MALS-24 "SUPPLY"	2	3
2/2	3	3
HQBN	1	3
MCAF "GOOD TIMERS"	1	3
HSL-37	1	4
VP-9	0	0
VP-47	0	5

\* standings as of May7

## Bowling stats

Team Standings

Place	Team Name	Points Won	Points Lost	Team Ave	Pins plus HDCP	Handicap	Place	Team Name	Points Won	Points Lost	Team Ave	Pins plus HDCP	Handicap
1	AINOKEA	42	18	626	138	35157	11	4th Force Recon	30	30	546	201	33758
2	Illegal Affairs:ReDux	39½	20½	651	118	35473	12	Pinheads	28½	31½	542	205	33879
3	Team Whidbey	37½	22½	587	169	34298	13	Golden Eagle's	28	32	616	146	34173
4	BANNED	35	25	613	147	34124	14	Big Ern's Kids	26	34	538	208	29247
5	Flaming Hookers	34	26	613	148	34006	15	Da Pin Droppers	23	37	456	274	33702
6	3 Putts	34	26	554	196	33987	16	The Untouchables	23	37	460	270	32639
7	VP-9	33	27	523	221	33400	17	The Happy Team	23	37	521	222	31353
8	Ghost Team	32½	27½	598	160	34515	18	Team 3	23	37	611	149	26988
9	Effin'H	32	28	594	164	34281	19	Team Ramrod	22	38	471	262	30974
10	Team 17	32	28	446	281	33404	20	The Blue Ballers	17	43	527	217	30481

Results of Last Week's Bowling.....

Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	Ghost Team	733	782	688	2203	1	Golden Eagle's	819	747	815	2381	3
3-4	Team 17	787	739	804	2330	3	The Happy Team	765	741	731	2237	1
5-6	Pinheads	725	686	762	2173	0	Effin'H	749	791	777	2317	4
7-8	AINOKEA	783	806	789	2378	2	Illegal Affairs:ReDux	791	791	793	2375	2
9-10	Flaming Hookers	671	766	689	2126	1	Team 3	747	742	797	2286	3
11-12	Team Ramrod	770	714	747	2231	4	Big Ern's Kids	767	698	711	2176	0
13-14	4th Force Recon	807	818	683	2308	2	Da Pin Droppers	751	773	833	2357	2
15-16	The Blue Ballers	805	749	831	2385	3	Team Whidbey	763	780	783	2326	1
17-18	BANNED	770	756	760	2286	3	3 Putts	720	708	811	2239	1
19-20	The Untouchables	728	733	708	2169	3	VP-9	682	760	670	2112	1

Last Week's High Scores for Immediate Release

Scratch Game	Scratch Game	Scratch Series	Scratch Series
Men			
246 Jim Martin	212 Jason Gilbert	603 Jim Martin	
222 Geoff Miller	203 Scott Kuniyuki	588 Raymond German	
221 Raymond German	201 Salvatore Taibi	562 Geoff Miller	
220 Raymond German	200 Michael Saxe		
Women			
196 Anet Marsh	192 Anet Marsh	579 Anet Marsh	509 Melenie Nixon
193 Kumi Martin		543 Ronna Weyland	

## SM&SP



### Dodgeball Tournament at Camp Smith

The single elimination tournament will take place May 18 at Semper Fit Center from 11 a.m. to 1 p.m. Teams will consist of six members. Cost is \$10 per team. For more information, call Jim Cosper at 254-7593.



### Shank and Slice Golf Tournament

Grab your friends and test your skills in the quarterly Shank and Slice golf tournament Thursday, June 7, at Kaneohe Klipper golf course. Check-in is at 11:30 a.m. and the tournament launches with a shotgun start at 12:30 p.m. This event costs \$32 for E-5 and below and \$38 for E-6 and above and includes green fees, cart, prizes, food and sodas.

Register by May 31 at the Semper Fit Center or call 254-7593.



# America Supports You: Jeff Gordon’s No. 24 car showcases program logo

**Fred W. Baker III**  
*American Forces Press Service*

**CHARLOTTE, N.C.** — NASCAR Nextel Cup points leader Jeff Gordon Tuesday unveiled a new design for his No. 24 Dupont-sponsored car sporting a Department of Defense color scheme and the America Supports You logo emblazoned on its hood.

America Supports You is a Defense Department program that showcases America’s support for the men and women of the Armed Forces and their families.

“May is ‘Military Appreciation Month,’ and there is no better place to honor our military than at the Coca-Cola 600 on Memorial Day, particularly when Jeff Gordon takes to the track in his new blue America Supports You car,” said Roxie Merritt, chief of Integrated Communications for the Department of Defense.

Merritt was the America Supports You representative at the unveiling ceremony.

“We truly appreciate Jeff’s commitment to our troops and their families and NASCAR for amplifying the message to our service members that Americans stand behind them,” she said.

The design is showcased as part of the American Heroes Memorial Day salute to the Armed Forces on May 27 at Lowe’s Motor Speedway here.

Gordon and sponsor DuPont created the commemorative paint scheme for the salute.

Eight Nextel Cup drivers and two Busch drivers are sporting new looks with military themes during the Coca Cola 600 to help kick off a nationwide effort to raise funds for military families in need. The NASCAR team owners, sponsors, drivers and employees donated the space on their cars.

Participating drivers include Greg Biffle, Ward Burton, Dale Earnhardt Jr., Gordon, Denny Hamlin, Shane Huffman, Jimmie Johnson, Mark Martin, Casey Mears and Jon Wood.

The number of drivers and sponsors willing to participate surprised Gordon, who headed the initiative. Advertising alone on the hoods of some of the cars can bring up to \$1 million per race, said Larry Deas, manager of Dupont Motor Sports.

“These men and women fight with their lives on the line for our peace and our freedom. When you think about that, there’s not enough that you can do,” Gordon said. “It’s a no-brainer.”

Deas said his group jumped at the opportunity.

“I appreciate all (service-members) do,” he said. “I hope this is just a little bit of a message from Dupont to say how much we appreciate what (the troops) do as a corporation.

The fact that we supply a lot of products for them that help make them safer and more likely to come back home to their loved ones is something that I’m very proud of.”

Army Lt. Gen. Clyde Vaughn, Army National Guard chief, represented the Defense Department at the ceremony. He said the morale boost from the cars’ new paint jobs will be felt around the globe in the 177 countries where U.S. troops are serving.

“It sends an enormous message of the commitment of NASCAR and the genuine care that they have for our American servicemembers,” Vaughn said. “It has an impact on morale to know that there is a significant amount of the population that is strongly behind everything that (the troops are) doing and what they stand for.”

Marshall Carlson, Hendrick Motor Sports general manager said he has seen servicemembers over the years show their support to NASCAR, and his company appreciates the opportunity to express its gratitude for their service. His team runs the No. 25 National Guard car with driver Casey Mears.

“When this opportunity came up, every one of our folks jumped all over it,” he said. “We recognize the sacri-



William D. Moss

**Five U. S. Marines stand next to the No. 11 FedEx Marine car, driven by Denny Hamlin, during the unveiling ceremonies in Victory Lane at Lowe's Motor Speedway in recognition of "American Heroes Memorial Day Salute to the Armed Forces" at the Lowe's Motor Speedway Charlotte, N.C., Tuesday.**

ifice and the hard work that all of the servicemembers give to the rest of us without any expectation of thanks. When you have the opportunity to express that gratitude to them, it's an opportunity you don't want to pass up.”

Gordon’s Chevrolet features Defense Department colors of medium and dark blue, gold and red. “America Supports You” tops the circular logo against a dark blue background, with “Department of Defense” lettered along the bottom.

Within the circle, against a medium-blue background, is the America Supports You program logo with its red heart and reversed white stars and stripes supported by a dark blue ribbon with a reversed white dog tag.

The dog tag with the America Supports You logo is the official emblem of the program.

The American Heroes Memorial Day Tribute is being supported by Nextel, which

will conduct a national fundraising campaign encouraging its customers support the troops with donations to the United Service Organizations.

The American Heroes program hopes to raise more than \$1 million for American military families in need through the effort.

“The USO is proud to be the beneficiary of the American Heroes campaign,” said Edward A. Powee, USO president and chief executive officer, in a release to the media. “We thank Speedway Motorsports, Nextel, the NASCAR community and its fans for their support of our men and women in uniform and the USO.”

Four organizations are promoting the American Heroes Memorial Day Tribute and fundraising efforts: the USO, America Supports You, Speedway Children’s Charities, and the Special Operations Hero Fund.

The Speedway Children’s Charities was founded in 1982 and provides medical, educa-

tional and social services to underprivileged children. In 2006, they awarded more than \$2.8 million to more than 470 organizations, according to a news release.

The Special Operations Hero Fund provides scholarships and educational grants to children of special operations personnel killed in training or combat.

The National Association for Stock Car Auto Racing, Inc., or NASCAR, began in 1948.

It is the top U.S. spectator sport holding 17 of the top 20 attended sporting events in the U.S., and is the No. 2 rated regular season sport on network television with broadcasts in 150 countries and has 75 million fans. More Fortune 500 companies participate in NASCAR than any other sport, according to the NASCAR web site. Gordon is a four-time series champion.

NASCAR has been a corporate team member of America Supports You since July 2005.



# Marine trades life of championships to turn wrenches

**Sgt. Anthony Guas**  
*2nd Marine Aircraft Wing (FWD)*

**AL ASAD, Iraq** — From sinking jumpers to running triathlons, many Marines have had some kind of athletic background before joining the Corps, but one Marine wasn’t just an athlete - she was a champion.

Sgt. Andrea Doty, a communications, navigation and weapons technician for the Marine All-Weather Fighter Attack Squadron 121 “Green Knights,” was part of the three-time National Champion University of Arizona women’s softball team.

“I got a scholarship to play softball at the University of Arizona in 1993, played there for three seasons and got three national championship rings in ‘94, ‘95 and ‘96,” said the Tucson, Ariz., native. “It was a good time. I enjoyed myself and met a lot of good people, some I still talk to.”

In addition to meeting life-long friends, Doty was able to travel and visit many places.

“I got to visit a lot of states; I visited Washington, Oregon, California, Arizona, Georgia, Florida and Texas,” said Doty. “It was a good experience. I got to travel a lot and it was free. So I got to see some pretty nice places for free.”

For Doty, her athletic ability was a product of growing up with two older brothers.

“I actually started playing baseball and then when I was 13, I got into playing softball,” said Doty. “From the time I was 14 to the time I went to college, I played softball

year-round. I was a three-sport athlete in high school. I played softball, basketball and volleyball. But softball was my main sport.”

Although the right-fielder relished playing softball and attending college, she felt a calling that she needed to answer and enlisted in February 2002.

“I joined the Marine Corps because of Sept. 11; that stuck in my mind” explained Doty. “It was something that I wanted to do, that I had to do.”

Doty, who could have joined any other service, choose the Marine Corps because of her family ties.

“The reason that I picked the Marine Corps was because my father was in the Corps in Vietnam and also two of my uncles,” said Doty. “They support me in every decision that I have made, they always have.”

So far Doty has been stationed in Japan and California, and she extended her tour of duty to deploy to Iraq.

“I feel that Sgt. Doty’s decision to extend to deploy with the Green Knights says a lot about her character,” said Staff Sgt. Lewis Harris, com/nav staff noncommissioned officer in charge for VMFA(AW)-121. “Her experience and expertise are a vital part of VMFA(AW)-121 achieving its mission and reaching its goals.”

Doty attributes some of her success in the Marine Corps to values she learned while playing softball.

“It was a great experience, it taught me a lot about teamwork, being as it is a team

sport, obviously,” said Doty. “It teaches you to work with people that you may not like. You still have to work with them; you have to respect their contribution to the job or team. The Marine Corps is the same thing. You may find that you are working with people that you don’t necessarily care for and it happens all over the place, not just the Marine Corps. It taught me how to deal with that aspect of it.”

Doty stands out because of the amount of effort that she puts into taking care of her Marines, according to Harris.

“Sgt. Doty is not only an outstanding Marine, but also a good person,” Harris said. “She never hesitates to lend a helping hand or an open ear. She is an SNCO’s dream. A Marine who you know will always be doing the right thing for the right reasons. Not only has she never given me any problems, but she also finds a way to keep the Marines around her on the straight and narrow, and out of trouble.”

For Doty, helping her fellow Marines comes second hand and she feels that a deployment tightens the bond between Marines.

“Being deployed is not too bad, I am actually enjoying myself,” said Doty. “Because we are in such a small area you get to hang out with the people you work with more often, where back in the states you have your own friends and people that you hang out with. You get to know people that you work with a lot better.”

In addition to enjoying her deployment, Doty feels that she is spending her time doing something that she likes.

“I enjoy my job, I don’t know who wouldn’t,” said Doty. “I get to work on a 30-million-dollar plane, basically keep it flying. I like to troubleshoot to figure out what is wrong with it. That’s actually my favorite part, to actually get a gripe that we can’t figure out and have to work on it.”

Although Doty is uncertain about her career in the Corps, she is sure that she still wants to involve softball in her life.

“Right now I am undecided about making it a career,” said Doty. “I’m thinking about reenlisting for another four. I would also like to continue playing softball. If I can’t play softball, I would at least try to coach.”



Sgt. Anthony Guas

Sergeant Andrea Doty, a communications, navigation and weapons technician for Marine All-Weather Fighter Attack Squadron 121, was part of the three-time National Champion University of Arizona women’s softball team before joining the Corps in 2002. Doty, who was a right-fielder, spends her time fixing aircraft for the Marine Corps.



*This week, he's not a cancer patient.  
He's a kid.*

Give Kids The World Village is a resort near Orlando where children with life-threatening illnesses enjoy a week of fun with their families all for free. It's filled with pleasures that would make any child smile: hot cream, swimming, trips to local Orlando theme parks, train rides and live-aud theater adventures including a ballet that rocks in kids at night. Learn how you can bring joy into the life of a sick child.

[www.gktv.org](http://www.gktv.org) Call 800-995-KIDS and Give Kids The World.



# AROUND THE CORPS

## Marines donate equipment, sandals, toys

**Army Capt. Jerord E. Wilson**  
*Combined Joint Task Force - Horn of Africa*

**CAMP LEMONIER, Djibouti** — Residents in the village of Doua recently received outdoor gym equipment from the Marines assigned to the 6th Provisional Security Company stationed here.

Desta Chaoul, a resident and fitness leader in the Doua village, came up with the idea of building a gym that focuses on physical fitness for the young people within the village. Working closely with Capt. Tim Matthews and members of the 6th PSC, Chaoul was able to get the much needed equipment for the village gym.

The donated equipment was built by the men and women from the company using cement, coffee cans, metal pipes, wood, fresh paint and a little bit of creativity. All total, seven small dumbbells, seven long bars, sit-up benches and a workout pulley were donated.

According to Chaoul, the new equipment will improve the physical fitness for the youths living in Doua.

“This equipment will help the young men and women work on developing their physical fitness during their spare time,” said Chaoul. “Additionally, we’ll use it for training kids in body building, increasing running ability, boxing and football (soccer).”

He and many others in the village displayed their overflowing joy at the sight of the donated equipment and fresh paint in the work area.

Recently, several young men from the village participated in a local foot race: Fasah Ali Gueldon, Mohamed Souleima, Adaweh Aizie, Said Mohamed, Robleh Ali, Youssef Ahmed, and Salah Nouz. All performed better than Chaoul had expected.

According to villagers, the motivation and encouragement from Chaoul has sparked a drive toward fitness and health awareness for many young men in the village.

Additionally, Lance Cpl. Todd Fowler of San Diego, received donations of toys and flip-flops from several friends and family back in the United States. Members of the village were happy to receive the gifts and will use them to improve their quality of life in Doua.

Along with receiving the gym equipment and donations of toys, the women had a rare opportunity to speak with a couple of U.S. Navy women about life in the United States and Djibouti. On a previous visit to the village of Doua, local women expressed a desire to speak to military women from Camp Lemonier.

U.S. Navy Lt. Tahmika Jackson and Petty Officer 2nd Class Kerry Kness discussed various topics about life in America: make-up arrange-

ments, local hair styles and village daily chores. It’s the hope of many young women in the village of Doua to continue regular dialogues with military women from Camp Lemonier.

As a symbol of appreciation for the wonderful gifts from Camp Lemonier, villagers performed a ceremonial dance as a way to express their thanks.

The mission of Combined Joint Task Force - Horn of Africa is to prevent conflict, promote regional stability and protect coalition interests in order to prevail against extremism. The CJTF-HOA organization began operations at Camp Lemonier, Djibouti, May 13, 2003. It works with partner nations on humanitarian assistance, disaster relief, consequence management, civic action programs to include medical and veterinary care, school and medical clinic construction and water development projects.



**Djiboutian youths, U.S. Marines of the 6th Provisional Security Company, and two Sailors assigned to Combined Joint Task Force-Horn of Africa based at Camp Lemonier, Djibouti, assemble for a group photo after painting weight-lifting equipment donated to a Djiboutian youth center in Doua Village, April 19.**

Petty Officer 1st Class Clinton Beaird